



Grande Cheese Health Risk Assessment

In Grande's efforts to promote a healthy culture and encourage positive lifestyle behaviors among Associates and their families a biometric scorecard had been implemented as part of your Personal Health Assessment. The scorecard has a point system that encourages participants to improve on specific areas of their health. Points are assigned to the screenings and your score will be based on results from the biometric screen.

To earn points, your results have to fall within the Grande Qualifying Range. The ranges are a guideline as to where numbers should fall for good overall health. Those completing the biometric screen, health questionnaire, and receiving 100 points on the scorecard will earn the medical premium discount for the following plan year.

There will be the opportunity for those who do not earn 100 points to still receive the discount through completing four health coaching sessions with the Grande Health & Wellness Center Nurse Practitioner or an Agnesian health coach. The discount will be applied at the start of the plan year seeing the participant agrees to fulfill the health coaching requirements throughout the year. If the health coaching sessions are not completed, the premium discount will be removed.

Screening Test	Qualifying Range	Total Points Possible
Systolic Blood Pressure	≤ 139 mmHg	25
Diastolic Blood Pressure	≤ 89 mmHg	20
Tobacco Use	Non-User	15
Body Mass Index (BMI)	≤ 30.9	15
LDL Cholesterol	≤ 159	13
HDL Cholesterol	≥ 36	12
Total Score		100